



## BEANS, VEGETARIAN, LOW-SODIUM, CANNED

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### PRODUCT DESCRIPTION

- Canned vegetarian beans are pea beans (navy) or small white beans in a meatless tomato sauce that is mildly seasoned.
- Canned vegetarian beans are a low-sodium product.

### PACK/YIELD

- Vegetarian beans are packed in 15 ½ ounce cans, which is about 2 cups or 4 servings (½ cup each).

### STORAGE

- Store unopened canned beans in a cool, clean, dry place.
- Store remaining opened beans in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

### USES AND TIPS

- Serve vegetarian beans heated, without adding salt, or use in casseroles or in baked bean dishes.
- Serve vegetarian beans with pork or chicken.

### NUTRITION INFORMATION

- ½ cup of vegetarian beans counts as 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving size is about 3 ounces.
- Vegetarian beans are low in fat, cholesterol-free, and provide 20% of the daily recommended amount of fiber.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: ½ cup (127g) canned, low sodium vegetarian beans

#### Amount Per Serving

|                 |     |                          |   |
|-----------------|-----|--------------------------|---|
| <b>Calories</b> | 120 | <b>Calories from Fat</b> | 5 |
|-----------------|-----|--------------------------|---|

#### % Daily Value\*

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 0g           | <b>0%</b>  |
| Saturated Fat 0.5g            | <b>0%</b>  |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 0mg        | <b>0%</b>  |
| <b>Sodium</b> 140mg           | <b>6%</b>  |
| <b>Total Carbohydrate</b> 27g | <b>9%</b>  |
| Dietary Fiber 5g              | <b>20%</b> |
| Sugars 10g                    |            |
| <b>Protein</b> 6g             |            |

|           |    |           |    |
|-----------|----|-----------|----|
| Vitamin A | 2% | Vitamin C | 0% |
| Calcium   | 4% | Iron      | 8% |

\*Percent Daily Values are based on a 2,000 calorie diet.

**NOT YOUR BASIC BAKED BEANS****MAKES 3 SERVINGS****Ingredients**

- 1 can (about 15 ounces) low-sodium vegetarian beans, undrained
- 2 teaspoons vegetable oil
- ½ onion, chopped
- ½ green pepper, chopped
- 2 teaspoons spicy mustard or plain yellow mustard
- 2 teaspoons ketchup
- ¼ cup brown sugar add (or regular sugar)

**Directions**

1. In skillet, heat oil and cook onions, and green peppers until tender.
2. Add vegetarian beans.
3. Add mustard, ketchup, and brown sugar; stir.
4. Heat for 2 to 3 minutes on medium heat.

| Nutrition Information for 1 serving (about ½ cup) Not Your Basic Baked Beans |     |                           |        |                  |       |
|--|-----|---------------------------|--------|------------------|-------|
| <b>Calories</b>  | 180 | <b>Cholesterol</b>        | 0 mg   | <b>Sugar</b>     | 23 g  |
| <b>Calories from Fat</b>   | 20  | <b>Sodium</b>             | 180 mg | <b>Protein</b>   | 5 g   |
| <b>Total Fat</b>   | 3 g | <b>Total Carbohydrate</b> | 38 g   | <b>Vitamin A</b> | 6 RAE |
| <b>Saturated Fat</b>   | 0 g | <b>Dietary Fiber</b>      | 5 g    | <b>Vitamin C</b> | 1 mg  |
|  |     |                           |        | <b>Calcium</b>   | 51 mg |
|  |     |                           |        | <b>Iron</b>      | 2 mg  |

*Recipe adapted from Cooks.com.*

**BEAN NACHO DIP****MAKES ABOUT 12 SERVINGS****Ingredients**

- ½ package (about 8 ounces) low-fat cream cheese
- ½ can (about 16 ounces) low-sodium vegetarian beans, undrained
- ½ can (about 15 ounces) tomatoes, chopped
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ pound (about 2 cups) shredded reduced-fat cheddar cheese

**Directions**

1. Preheat oven to 350 degrees F.
2. Spread cream cheese on the bottom of an 8x8-inch baking or casserole dish.
3. Spread beans on top of cream cheese.
4. Combine tomatoes, garlic powder, and onion powder, and spoon on top of beans. Sprinkle with cheese.
5. Bake for 20 to 25 minutes or until cheese is melted and bubbly.

**Tip**

Serve with fresh vegetable sticks or low-fat tortilla chips.

| Nutrition Information for 1 serving (about ½ cup) Bean Nacho Dip |     |                           |        |                  |        |
|--|-----|---------------------------|--------|------------------|--------|
| <b>Calories</b>  | 100 | <b>Cholesterol</b>        | 15 mg  | <b>Sugar</b>     | 2 g    |
| <b>Calories from Fat</b>   | 50  | <b>Sodium</b>             | 190 mg | <b>Protein</b>   | 7 g    |
| <b>Total Fat</b>   | 5 g | <b>Total Carbohydrate</b> | 6 g    | <b>Vitamin A</b> | 47 RAE |
| <b>Saturated Fat</b>   | 3 g | <b>Dietary Fiber</b>      | 1 g    | <b>Vitamin C</b> | 1 mg   |
|  |     |                           |        | <b>Calcium</b>   | 192 mg |
|  |     |                           |        | <b>Iron</b>      | 1 mg   |

*Recipe adapted from Commodity Supplemental Food Program Cookbook, [csfpcentral.org](http://csfpcentral.org).*